NCE MCQs for Exam Preparation

This practice guide contains 20 unique exam-style multiple-choice questions designed to help candidates prepare for the National Counselor Examination (NCE). The questions cover major counseling domains with concise explanations to reinforce key concepts.

Q1. A counselor uses unconditional positive regard to foster client growth. Which theory is primarily reflected?

A. Behavioral

B. Person-Centered

C. Reality Therapy

D. REBT

Correct Answer: B

Explanation: Carl Rogers' Person-Centered Therapy emphasizes empathy, genuineness, and unconditional positive regard.

Source: https://www.preppool.com/test-prep/nce-practice-exam-questions-and-answers/

Q2. Which stage of group development is most associated with conflict and resistance?

A. Forming

B. Storming

C. Performing

D. Adjourning

Correct Answer: B

Explanation: Storming involves conflict as members negotiate roles and expectations.

Source: https://www.preppool.com/test-prep/nce-practice-exam-questions-and-answers/

Q3. A counselor administering a standardized assessment should first ensure:

A. The client knows the counselor's opinion

B. The instrument is valid and reliable for the intended purpose

C. The client completes it quickly

D. Results are shared publicly

Correct Answer: B

Explanation: Appropriate use requires valid and reliable instruments.

Source: https://www.preppool.com/test-prep/nce-practice-exam-questions-and-answers/

Q4. Which ethical principle emphasizes keeping client information confidential?

A. Justice

B. Fidelity

C. Autonomy

D. Beneficence

Correct Answer: B

Explanation: Fidelity includes trustworthiness and protecting confidential information.

Source: https://www.preppool.com/test-prep/nce-practice-exam-questions-and-answers/

Q5. A client reports suicidal thoughts with a specific plan. What is the counselor's priority?

A. Schedule next week's session

B. Conduct an immediate safety assessment

C. Change the subject

D. Provide career counseling

Correct Answer: B

Explanation: Client safety takes priority whenever suicide risk is identified.

Source: https://www.preppool.com/test-prep/nce-practice-exam-questions-and-answers/

Q6. DSM-5-TR is primarily used to:

A. Assign insurance premiums

B. Classify mental disorders

C. Measure intelligence

D. Evaluate personality only

Correct Answer: B

Explanation: DSM-5-TR provides standardized diagnostic criteria.

Source: https://www.preppool.com/test-prep/nce-practice-exam-questions-and-answers/

Q7. Which counseling theory focuses on changing irrational beliefs?

A. Existential

B. REBT

C. Gestalt

D. Adlerian

Correct Answer: B

Explanation: Rational Emotive Behavior Therapy targets irrational beliefs.

Source: https://www.preppool.com/test-prep/nce-practice-exam-questions-and-answers/

Q8. Career development theory developed by John Holland emphasizes:

A. Learning styles

B. Personality-work environment fit

C. Dream analysis

D. Family systems

Correct Answer: B

Explanation: Holland's model matches personality types with work environments.

Source: https://www.preppool.com/test-prep/nce-practice-exam-questions-and-answers/

Q9. The primary purpose of informed consent is to:

A. Guarantee outcomes

B. Ensure clients understand services and their rights

C. Replace documentation

D. Avoid supervision

Correct Answer: B

Explanation: Clients should understand counseling, risks, benefits, and limits.

Source: https://www.preppool.com/test-prep/nce-practice-exam-questions-and-answers/

Q10. Which research design provides the strongest evidence for cause and effect?

A. Case study

B. Randomized controlled trial

C. Survey

D. Phenomenology

Correct Answer: B

Explanation: Random assignment improves causal inference.

Source: https://www.preppool.com/test-prep/nce-practice-exam-questions-and-answers/

Q11. A multicultural counselor should primarily:

A. Assume all clients share similar values

B. Recognize cultural influences on the counseling relationship

C. Avoid discussing culture

D. Use identical interventions for everyone

Correct Answer: B

Explanation: Cultural competence requires awareness and responsiveness.

Source: https://www.preppool.com/test-prep/nce-practice-exam-questions-and-answers/

Q12. Which defense mechanism involves refusing to acknowledge reality?

A. Projection

B. Denial

C. Displacement

D. Regression

Correct Answer: B

Explanation: Denial is the unconscious refusal to accept reality.

Source: https://www.preppool.com/test-prep/nce-practice-exam-questions-and-answers/

Q13. The wellness model most strongly emphasizes:

A. Symptoms only

B. Holistic functioning across life domains

C. Medication management

D. Hospitalization

Correct Answer: B

Explanation: Wellness models focus on balanced overall functioning.

Source: https://www.preppool.com/test-prep/nce-practice-exam-questions-and-answers/

Q14. A counselor receives a subpoena for records. The best initial response is to:

A. Immediately release all records

B. Consult laws, ethics, and supervisors or legal counsel

C. Ignore the subpoena

D. Destroy records

Correct Answer: B

Explanation: Legal and ethical obligations should be reviewed before disclosure.

Source: https://www.preppool.com/test-prep/nce-practice-exam-questions-and-answers/

Q15. Which family therapy approach focuses on family structure and boundaries?

A. Solution-Focused

B. Structural Family Therapy

C. Narrative Therapy

D. Reality Therapy

Correct Answer: B

Explanation: Minuchin's structural approach emphasizes family organization.

Source: https://www.preppool.com/test-prep/nce-practice-exam-questions-and-answers/

Q16. The primary goal of crisis counseling is to:

A. Long-term personality change

B. Restore immediate functioning and safety

C. Interpret dreams

D. Explore childhood extensively

Correct Answer: B

Explanation: Crisis intervention addresses immediate stabilization.

Source: https://www.preppool.com/test-prep/nce-practice-exam-questions-and-answers/

Q17. A reliable assessment tool is one that:

A. Measures what it intends to measure

B. Produces consistent results

C. Has difficult questions

D. Uses open-ended items

Correct Answer: B

Explanation: Reliability refers to consistency.

Source: https://www.preppool.com/test-prep/nce-practice-exam-questions-and-answers/

Q18. Confidentiality may be ethically breached when:

A. A client misses an appointment

B. There is an imminent risk of serious harm

C. A client disagrees with treatment

D. The counselor changes jobs

Correct Answer: B

Explanation: Protecting life may require limited disclosure.

Source: https://www.preppool.com/test-prep/nce-practice-exam-questions-and-answers/

Q19. Which consultation model encourages collaborative problem solving with professionals?

A. Medical model only

B. Collaborative consultation

C. Directive supervision

D. Psychoanalysis

Correct Answer: B

Explanation: Collaborative consultation emphasizes shared expertise.

Source: https://www.preppool.com/test-prep/nce-practice-exam-questions-and-answers/

Q20. Accurate case notes should be:

A. Subjective opinions only

B. Objective, timely, and clinically relevant

C. Written weeks later

D. Shared on social media

Correct Answer: B

Explanation: Documentation should be factual, timely, and support continuity of care.

Source: https://www.preppool.com/test-prep/nce-practice-exam-questions-and-answers/

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